



Gingerbread Oatmeal Bake



Developed by Hungry Girl... Brought to you by [B&G Foods](#) !

[Click to see how it's made](#) !

1/6th of recipe: 224 calories, 3.5g total fat (0.5g sat. fat), 326mg sodium, 44.5g carbs, 5g fiber, 10.5g sugars, 5.5g protein

[Click for WW Points® value*](#)



Prep: 10 minutes **Cook:** 1 hour

Cool: 30 minutes

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [Four or More Servings](#)

Ingredients

- 1 1/2 cups [McCann's Traditional Steel Cut Irish Oatmeal](#)
- 2 tbsp. spoonable calorie-free sweetener that's twice as sweet as sugar
- 1 1/2 tsp. [Clabber Girl Double Acting Baking Powder](#)
- 1 tsp. [Spice Islands Ground Saigon Cinnamon](#)
- 1 tsp. [Spice Islands Ground Ginger](#)
- 1/4 tsp. [Spice Islands Pumpkin Pie Spice](#)
- 1/4 tsp. salt
- 2 cups unsweetened vanilla almond milk
- 1/2 cup unsweetened applesauce
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 3 tbsp. [Grandma's Molasses](#)
- 2 tsp. [Spice Islands Pure Vanilla Extract](#)
- 2 ginger snaps, crushed
- Optional topping: powdered sugar

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray. (We like [the kind by Baker's Joy](#)!)

In a large bowl, combine oatmeal, sweetener, baking powder, and seasonings. Mix well. Add all remaining ingredients *except* ginger snaps. Stir until uniform. Transfer to the baking pan, and smooth out the top.

Cover pan with foil, and bake for 30 minutes.

Remove foil, top with crushed ginger snaps, and lightly press to adhere. Bake until golden brown and cooked through, about 30 more minutes.

Let cool before slicing, at least 30 minutes.

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

